

SOUTHERN LEHIGH SCHOOL DISTRICT

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: March 13, 2006

REVISED: September 24, 2012

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Southern Lehigh School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
<p>2. Authority P.L. 108-265 Sec. 204</p>	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <p>A comprehensive nutrition program consistent with federal and state requirements.</p> <p>Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</p> <p>Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</p> <p>Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.</p>
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The Superintendent or his/her designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each building principal or designee shall report to the Superintendent or his/her designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the Superintendent or his/her designee regarding the status of such programs.</p>

<p>P.L. 108-265 Sec. 204</p> <p>4. Guidelines</p>	<p>The Superintendent shall annually report to the Board on the district's compliance with law and policies related to student wellness.</p> <p>An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director.</p> <p><u>Wellness Committee</u></p> <p>The Board directs the Superintendent to appoint a Wellness Committee comprised of at least one (1) member from each of the following: School Board, District Administration, Food Service, Teachers, School Nurse, Student, Parent/guardian and other individuals who have expressed interest.</p> <p>The Wellness Committee shall serve as an advisory committee regarding student health issues and make recommendations to the school board.</p> <p>The Wellness Committee shall monitor the district policies to ensure they are properly implemented and progress is made in improving and maintaining students' nutrition and physical activity patterns, and report to the Superintendent.</p> <p><u>Nutrition Education</u></p> <p>The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education shall extend beyond the school environment by engaging and involving families and communities.</p> <p><u>Physical Activity</u></p> <p>District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>District schools shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.</p>
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In addition to planned physical education, the District shall provide age-appropriate physical activity opportunities, such as (but not the exclusive list): recess; before and after school activities; play during lunch; clubs; exercise groups; intramurals; and interscholastic athletics, in order to meet the needs and interest of students.

District schools shall partner with parent/guardians and community members to institute programs that support physical activity.

Physical activity or denial of physical activity shall not be used as a form of punishment.

Students and the community shall have access to physical activity facilities outside school hours as per facilities use policy.

Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Physical activity or denial of physical activity shall not be used as form of punishment.

Other School Based Activities

Nutrition content of school meals shall be easily available to students and parents/guardians.

Food shall not be used in the schools as a reward or punishment.

The district shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Fundraising projects shall be supportive of healthy eating and student wellness.

The District shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition Guidelines

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs such as (but not the exclusive list): a la carte foods, snacks and beverages, vending machine food & drinks, school store food, refreshment stand food, fundraisers, classroom party treats, holiday celebration treats, classroom rewards, and food from home.

All **competitive foods** available to students in district schools shall comply with the Best Practice of Nutritional Standards for Competitive Foods in Pennsylvania Schools.

All **competitive foods** available to students in district schools shall comply with the established nutrition guidelines listed in the Administrative Regulations.

Other

Because school staff serves as role models, the district will encourage activities that support healthy lifestyles for all school district employees.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204